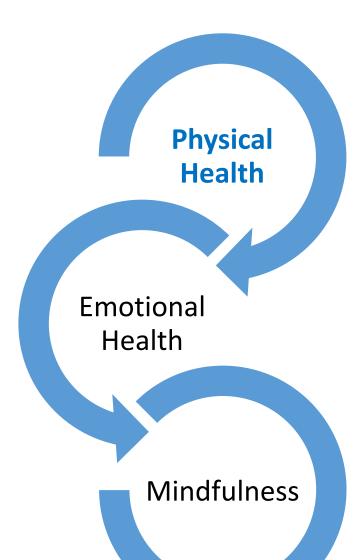# I Matter!

How to take care of your inner self

Within Ourselves

Within our reach lies every path
We ever dream of taking.

Within our reach lies every step
We ever dream of making.

Within our range lies every joy
We ever dream of seeing.

Within ourselves lies everything
We ever dream of being.

- Anonymous

**Physical
Health**

Emotional
Health

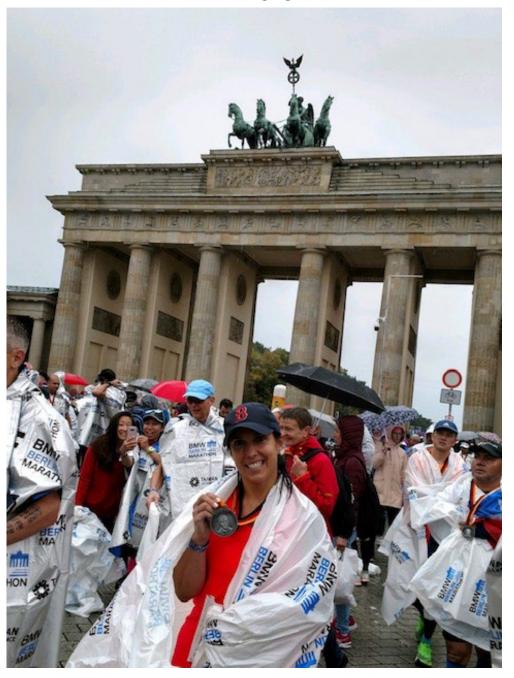Mindfulness

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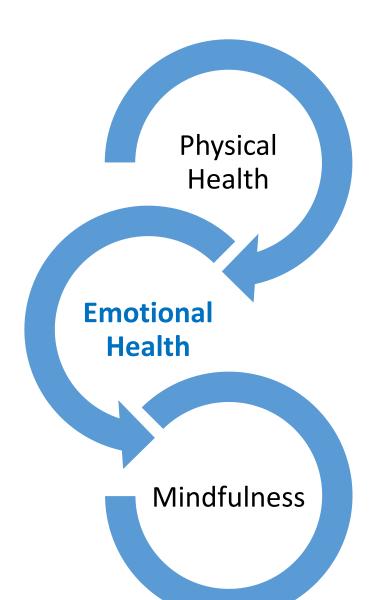We ever dream of seeing.

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2017

2019

Actions to prioritize YOU:

1. **Put it in the calendar** — Literally schedule time in your week that is blocked off as "you time," where you spend an uninterrupted amount of time doing something that brings you joy.

2. **Acknowledge that a little goes a long way** — If getting time for your interests and hobbies feels challenging, start small. Make time for just 20 minutes, and see if you can build up that amount as you continue to prioritize yourself.

3. **Mix it up** — If you're finding that the hobbies and activities you usually love aren't bringing you the surge of energy that they usually do, it may be a sign that it's time to try something new. Think about activities you've always wanted to pursue and try them.
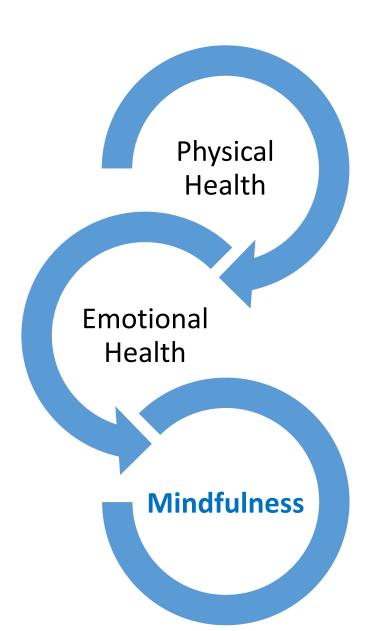
Physical Health

Emotional Health

Mindfulness

Simple tips to help reduce feelings of stress:

1. **Write down your priorities, and then set boundaries:** At the beginning of each day, create a to-do list for your high- and low-priority tasks. Practice saying "no" to the things that don't make this list to help maintain work-life balance in your day.

2. **Clean your workspace:** Experts says that emotional health and cleanliness are aligned, take time to de-clutter your workspace at the end of each day.

3. **Practice a key habit:** A "key habit" is a specific behavior that has the power to positively influence other habits.

4. **Take time for self-care:** Continue or make time to exercise, eat healthy, limit exposure to media, spend time outside and get quality sleep.

5. **Stay connected:** Reach out to co-workers, family or friends to discuss your day. This can help reduce feelings of isolation and improve your mental health.

6. **Ask for assistance:** There is no shame in seeking help. Communicate your needs and ask for help from others, so you don't become overwhelmed.

Healthy habits to boost your emotional wellness:

1. **Get quality sleep** — The quality of your sleep impacts wellness just as much as the quantity. To improve sleep quality, try sticking to a nighttime routine, winding down and limiting screen time before bed.

2. **Strengthen your connections** — Strengthening your social connections boosts both your physical and emotional well-being. Try carving out quality time with family, finding people with shared interests or volunteering in your community.

3. **Be mindful** — Mindfulness means engaging in the current moment rather than focusing on the past or future, and it can increase emotional resilience. Deep breathing, journaling, and focusing on your five senses can help you be more mindful.

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Gratitude Matters…..

Many reasons experts endorse gratitude practices is that they often require mindfulness and present-focused thinking — two habits that are also integral to emotional wellness.

Finding Purpose……

Noun - the reason for which something is done or created or for which something exists.

Verb – have as one's intention or objective.

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